

**ABSTRACT**

The present invention provides a food or nutritional product for consumption by individuals who want to maintain a healthy gastrointestinal tract, the probiotic composition is 5 efficacious in removing toxic nitrogenous by-products of metabolism. Embodiments of the invention further include health bars yogurt, yogurt based products and foods that contain one or more vitamins or minerals, in addition to a carbohydrate, fats and protein components.